



STATE PARK SERVICE

PERMISSION FOR LIFEGUARD APPLICANTS UNDER 18 YEARS OF AGE TO TAKE THE LIFEGUARD PRE-EMPLOYMENT TEST

I, _____ grant my child _____
(Print Parent or Legal Guardian Name) (Print Name of Child)

permission to take the New Jersey State Park Service Pre-Employment Lifeguard Test. I am not aware of or been informed by a physician of any medical or physical disability that would prevent my child from completing this test.

(Date)

(Signature of Parent or Legal Guardian)

Freshwater and Ocean Test

The physical fitness test consists of:

- Swim 500 meters in an indoor pool in 10 minutes or less, using a swimming stroke performed on the front only.
- Run 400 meters on a track or parking lot in 1 minute 40 seconds or less.